

Hello! My name is Alex.

I up at 7 o'clock every morning.

I my teeth and my face.

Then I eat with my family.

After that, I go to school 8 o'clock.

I have until 2:30 in the .

At home, I eat and do my .

In the , I play video or TV.

I eat at 8 o'clock.

I go to at 9:30.

This is my routine!



Comprehension: Multiple Choice

1. What time does Alex wake up?

A) 6:30

B) 7:00

C) 8:00

D) 9:00

2. Who does Alex eat breakfast with?

A) Alone

B) With friends

C) With family

D) With his teacher

3. What time does Alex go to school?

A) 7:30

B) 8:00

C) 8:30

D) 9:00

4. What does Alex do after school?

A) Goes back to school

B) Plays football

C) Eats lunch and does homework

D) Sleeps

5. What time does Alex go to bed?

A) 8:00

B) 9:00

C) 9:30

D) 10:30

Vocabulary Multiple Choice Exercise

Choose the correct answer

1 I wake up at 7 o'clock every morning. What does **wake up** mean?

- A) Go to sleep
- B) Get out of bed
- C) Eat breakfast
- D) Take a shower



2 I brush my teeth every day. What does **brush** mean?

- A) Clean
- B) Paint
- C) Break
- D) Eat

3 I eat breakfast with my family. What is **breakfast**?

- A) The first meal of the day
- B) A snack at night
- C) Lunch at school
- D) Dinner with friends

4 I go to bed at 9:30. What does **go to bed** mean?

- A) Wake up
- B) Sleep
- C) Eat dinner
- D) Read a book

5 I do my homework after lunch. What is **lunch**?

- A) Breakfast
- B) A drink
- C) The meal in the middle of the day
- D) A snack before bed